

COACHING CORNERSTONE CUES

CATCH PASS

Hips square

- Towards oppositions try line.
- Hands above hips.

“W” Catch early as you intend to pass it

- Connecting the thumbs & fingers point on the 45.
- Allow for decision making during placement of fingers.

Load to the hip

- Aim for bottom hand to be on the hip.
- Elbow bent, bicep over ball

Punch and point

- Bottom hand Punch action with rotation of your torso.
- Finish by pointing to your target

Finish square, go forward & support

TACKLE

Go-Balance-Go

Line speed adjusting to small steps (on the balls of your feet) coming into contact.

1. Pre tackle (Balance):	2. Tackle (Go):	3. Post-tackle:
<p>Eyes & Feet</p> <p>Eyes on targets Focus on attackers' core</p> <p>Boxers arms Arms above hips</p> <p>Boxers feet</p> <ul style="list-style-type: none"> • Same Leg Same Shoulder close to the Ball Carrier. • Back leg, square, bent under glutes with the heel up. <p>Late dip - drop hips</p> <p>Look over your sunglasses eyes up for spine alignment.</p>	<p>Shoulder & Bite</p> <p>Boxers jab - punch through</p> <p>Shoulder contact</p> <p>Ear in pocket - spine alignment</p> <p>Wrap-Chop-Squeeze</p> <ul style="list-style-type: none"> • Wrap -forearm grip • Chop down - on the back of the legs • Squeeze up –using your whole-body; arm to chest, ear to shoulder <p>Leg drive to finish on top.</p>	<p>Second action, stay low - back to feet</p> <p>Blast Clean out “If in doubt, blast out”</p> <p>_____ or _____</p> <p>Bounce (2 over the ball with no windows/levers). –Scan and quickly defend space</p> <p>_____ or _____</p> <p>Poach</p> <p>Low and Compact -Elbow tight, “Turtle neck” -protection when absorbing pressure</p> <p>Strong grip and rip</p>

BALL CARRY, EVASION & PRESENTATION + OFFLOAD OPTIONS

Pre- contact

Pre receiving ball; **See space, Attack Space;** scan, footwork/rolling onto the ball.

Post receiving ball; scan & evasion

Transfer ball away from defender -create distance between the ball and the defence.

Tuck the Tip, Tighten the Grip sliding outside hand up to the top of the ball and protect the bottom by tucking under the elbow applying pressure with 3 points of contact – hand, bicep, chest.

	Presentation option	Offload option
Feet	<p>Feet, Fight & Protect</p> <p>-Adjust height/stay low -use other hand to protect the ball. -Fight driving your legs to get square and shoulders free.</p>	<p>Feet, Fend & Fight</p> <p>-win the contact area, get shoulders free, working the ball into space</p>
Fight	<p>Second Action -work hard on the ground to get the ball away from the threat.</p>	<p>Sight support assess risk factor, scanning decision -offload or finish with ball presentation</p>
Play	<p>The finish required is based on awareness of the threats and your support: · Rip and Roll · Man on Fire · Score the Try · Recoil Back · Long Body</p>	<p>Two hand offload option</p> <p>Control the ball -can we get two hands back on the ball?</p> <p>Fingers towards the target</p>
Finish		<p>One hand offload option</p> <p>Control the ball -are we controlling the top tip?</p> <p>Point the nose of the ball</p> <p>Fingers towards the target</p>

BREAKDOWN

All Pre-Contact Breakdown Approach.

- 1. Anticipation** - identify opportunity and threats, small steps and eyes over sunglasses.
- 2. Height** -awareness of the time you have to adjust your height to “win the race”.
- 3. Fight** - awareness of your threats to win the collision to maintain possession.

-Legal entry from behind the ball

1. BLAST (clean out) “If in doubt, blast out”	2. Lock – protecting the ball
<p>Win the shoulder battle -get under the chest of the opponent. Spine in line and eyes over sunglasses</p> <p>Take off like a plane -stay low, chasing feet forward and angle up.</p>	<p>Grip with T-Rex arms -grip shorts/ jersey, elbows bend, eyes over sunglasses.</p> <p>Low and Compact -legs back and drop hips to absorb pressure, eyes over sunglasses</p>